

# VBCERT News

This newsletter is authored by Larry J. Livingston with oversight from Cookie Ketcham. We hope you enjoy the VBCERT News.

## District Chief Paul Pokorski Retires!



District Chief Paul Pokorski

District Chief Pokorski retired September 30, 2007. The VBCERT Leadership considered Chief Pokorski a friend of VBCERT. The Chief was always there for us to give the Leadership encouragement or lend a helping hand to VBCERT overall.

We will indeed miss having Chief Pokorski at the top but we are fortunate in having the pleasure of serving under District Chief Travis Halstead. As the VBCERT Team gets to know Chief Halstead I am certain that we will respect him and be honored by having him as an adviser for VBCERT.

Therefore, I will summarize this by saying hello to Chief Halstead and sending Chief Pokorski fond wishes from VBCERT for a tremendously enjoyable retirement.

## Chief Gregory B. Cade confirmed as the new U.S. Fire Administrator

Chief Cade was confirmed by the U.S. Senate as the new fire chief



**Gregory Cade**, Assistant Administrator  
FEMA/U.S. Fire Administration

for the United States of America and its territories during the summer. I again applaud Chief Cade for all his work and the pure, simple goodness that he did while serving as Virginia Beach's Fire Chief. I know you as VBCERT Team Member join me in wishing Chief Cade the very best in his new position and we welcome the Chief back to VBCERT anytime he can come by.

And when one person leaves there is always someone to fill his void. In Chief Cade's case it is Chief Steven R. Cover who is our Interim Fire Chief. I am sure everyone in VBCERT welcomes Chief Cover to his new position and will pledge our support to all our new leaders – District Chief

Halstead and Interim Fire Chief Cover.

## VBCERT can now boast of its strength – 425 members strong throughout Virginia Beach.

Cookie Ketcham reports that we have trained more than 450 VBCERT Volunteers throughout the city. We have lost a few of these members and we have a total of 425 members trained and living within the City of Virginia Beach.

VBCERT has received the largest grant from FEMA for the Commonwealth of Virginia due to the risk citizens of Virginia Beach face every day. The Hampton Roads Metropolitan Area is generally thought of being a 'hard target' due to our military presence. In reality lots of our military leaves Hampton Roads and travels to troubled spots throughout the world. And there are military left behind to support the fleet while the men and women of the Armed Forces are standing up to terrorism throughout the world.

Suppose a group of terrorists target our schools, the same schools that our military men and women are sending their children to here in Virginia Beach, Norfolk, Chesapeake, Portsmouth or any other Hampton Roads city – our military men and women would

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be devastated. An attack on this order would weaken our military men and women more than anything imaginable.

Therefore it is imperative that we as VBCERT Team Members continue to maintain our vigilance, be aware of what is around us and continue to become better educated through the various lectures and training that is offered through Cookie, District Chief Halstead, and others in the Virginia Beach Fire Department.

## Recruitment continues to bring in new VBCERT Team Members



Left to Right – Debbie Gregory, Keith Arnold as Buckets the Clown, Kathleen Gill of Fire Education and Cookie Ketcham, VBCERT Coordinator enjoyed the heat on the boardwalk while putting out the message for VBCERT and Fire Education.

The Recruiting Team has worked hard attending events, speaking to churches, business organizations, and any other type of gathering we can appear before. Should anyone wish to

have a member of the Recruiting Team speak to a group of people or to set up a table at an event, please do not hesitate calling me (319-9553) or Cookie Ketcham (385-2914).



## VBCERT and Butterflies?

During June the Butterfly Society and the people at the Hampton Roads Agricultural Research and Extension Center requested assistance from VBCERT to handle their traffic control problems.

This was the first time to my knowledge that VBCERT was the only group working traffic which speaks highly for VBCERT's abilities.

The Butterfly Festival is held every other year.



Bob Chauncey waves traffic past the main entrance to the Hampton Roads Agricultural Research and Extension Center on Diamond Springs Road to the rear entrance of the station.



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## VBCERT again works race events at the oceanfront

Team members again came out to support the Rock 'N' Roll ½ Marathon with nearly 20,000 runners on September 2. The event overall was very much a success for the team due to Toni Myre's coordination with the Virginia Beach Police Department. Thanks Toni for a job well done.

## Neptune Sandman Triathlon

Several members of VBCERT worked the Neptune Sandman Triathlon on Sunday September 16<sup>th</sup> at the Oceanfront.

The event started with a swim in the ocean, biking on Atlantic Avenue, and running on the beach.

## Virginia Beach Disaster Preparedness Day

VBCERT teamed up with the Virginia Beach MRC (Medical Reserve Corp.) and Citizens' Corp for the first annual Virginia Beach Disaster Preparedness Day. The event was held at the new Higher Education Building which houses the Virginia Beach classrooms for Old Dominion and Norfolk State Universities.

There were speakers from the Virginia Beach SPCA, Virginia Department of Emergency

Management (VDEM) and the FBI as well as speakers from MRC and VBCERT.

## Fireman's Challenge & Lumberjack Championship

Saturday, September 22 was a full day at Mt. Trashmore Park. It started out with members of the VBFD challenging their teammates and neighboring cities' fire departments to a competition of grit and determination. Billy Reynolds, VBFD Station 9, kept everything running during the challenge.

It was fun for all including the young as they played around the Monster Fire Truck.



Laetitia and Arnaud Delaroche enjoy the day while watching the firefighters do the Challenge.

As the firemen finished their Challenge the crowd moved to the other side of Mt. Trashmore to watch the Stihl Lumberjack Championships.

In the Lumberjack competition men and women compete to determine who can cut through a



log using a saw or axes, probably the sharpest ax most people will ever see. It is fun to watch the competitors stand on the log and cut through – the slightest mistake can drive the ax into their foot or leg. But these 'choppers' are good and none become victims on this day in the park.



Mayor of Virginia Beach Meyera E. Oberndorf, Suzanne Simmons of the Virginia Dept. of Emergency Management and Jolynn Matte, MRC Coordinator for the Virginia Beach Dept. of Health at the Disaster Preparedness Day.

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Cookie Ketcham, VBCERT Coordinator, actually came up with the Lumberjack Championships during her tenure with Virginia Beach Parks & Recreation. The event has proven itself to be a hit with young and old alike.

## UPCOMING EVENTS!

The following are events that you may be interested in.

1. November 3<sup>rd</sup> – CPR Certification and Re-certification – spaces are limited. Call Cookie at 385-2914 to reserve your slot.
2. November 9<sup>th</sup> – Participants Needed to Conduct Commodities Distribution Exercise 10:00AM to Noon. See page 7 for full coverage provided by the city.
3. December 1<sup>st</sup> – Practical for Classes 26 & 27. Victims are needed.

## Tropical Weather

Virginia Beach appears to have again dodged the bullet BUT hurricane season is not over until November 30. One of the stronger storms came through the Carolinas and Virginia on October 15, 1954 – Hurricane Hazel. Hazel came ashore as a Cat. 4 Hurricane and is among the more well-known hurricanes still today. For a history of hurricanes visit you can visit <http://www.nhc.noaa.gov/pastin>

[t.shtml](#). I found it odd that no Cat. 5 hurricanes had made landfall until Andrew did so in 1992 and we've had two more Cat 5s since Andrew.

As the Tropical season dissipates and we enjoy the Holiday Season, now is a good time to review Winter Weather and what

For those of you who have not lived in Virginia Beach or Hampton Roads for very long, we do know about snow. In the chart for 'All-Time Record Snowfalls' you will see February 6-7, 1980 = 12.4 inches; March 1-2, 1980 = 13.7 inches. This does not include the snowfall we

## All-Time Record Snowfalls

last updated 2/2/2006

	Date	Richmond (in)	Date	Norfolk (in)	Date	Salisbury** (in)
1	Jan 23-24, 1940	21.6*	Dec 27-28, 1892	18.6	Feb 2-4, 1996	21.1
2	Jan 27-29, 1922	17.7	Feb 17-19, 1989	15.4	Jan 25-26, 1987	17.1
3	Feb 11, 1983	17.2	Mar 1-2, 1980	13.7	Jan 8, 1940***	16.0
4	Dec 22-23, 1908	17.2	Feb 11-13, 1899	13.5	Jan 23-24, 1940	15.0
5	Feb 11-14, 1899	16.3	Feb 6-7, 1980	12.4	Feb 7, 1936	15.0
6	Mar 5-7, 1962	15.2	Feb 9-10, 1948	12.4	Jan 6-9, 1996	12.5
7	Jan 4-5, 1980	14.9	Dec 11-12, 1958	11.4	Mar 20, 1914	12.0
8	Jan 25-27, 1966	14.8	Dec 2-3, 1896	11.0	Feb 17-18, 1967	11.0
9	Mar 1-2, 1980	13.0	Mar 2, 1927	11.0	Feb 9-10, 1967	11.0
10	Feb 6-7, 1936	12.6	Feb 6-7, 1936	11.0	Dec 8-9, 1928	11.0
11	Jan 25, 2000	12.5	Jan 19, 1893	9.8	Dec 8, 1989	10.0
12	Jan 6-7, 1996	11.5	Jan 26-27, 1966	9.4	Feb 18-19, 1979	10.0
13	Feb 18-19, 1979	10.9	Jan 8-9, 1973	9.1	Jan 29-30, 1966	10.0
14	Mar 3-6, 1912	10.6	Feb 23-24, 1989	9.0	Feb 28, 1941	10.0
15	Dec 12-14, 1917	10.4	Dec 22-23, 1935	9.0	Apr 3, 1915	10.0

\* City office in Richmond reported 16.0 inches Jan 23-24 1940

\*\* snow records at Salisbury since 1948.

\*\*\* Jan 1940 - Salisbury received 16.0 inches of snow on the 8th...storm total unavailable.

it may have in store for us. Recent news indicates the 2007-08-winter will be warmer than the average winter. *But you never know* ... the past couple of hurricane seasons were to have been extremely active according to the forecasters.

had that year that did not make the 'All-Time Record Snowfall' list. We had over 40 inches of snow in the winter of 1979-80.

Please take a few minutes and review the plan of action for winter storms and severe

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weather. Below are some websites that may be of help.

<http://readyvirginia.gov/stayinfo/med/winter.cfm>

[http://www.ema.ohio.gov/PDFs/Severe Weather/Winter2005.pdf](http://www.ema.ohio.gov/PDFs/Severe%20Weather/Winter2005.pdf)

<http://www.co.monterey.ca.us/oes/winterstorm.htm>  
<http://www.apco911.org/institute/emd/pdf/SevereWinterWeather.pdf>

<http://www.sarpy.com/ema/winter.htm>

These websites can help you enjoy the winter by being prepared for whatever comes your way.

## Photos of VBCERT Events

I upload photos of VBCERT activity to

<http://www.flickr.com/photos/12227876@N04/?saved=1>

You may download any photo I have uploaded knowing that I, Larry J. Livingston, am the



Rescue Squad Member and Instructor Sharon Brown checks out Lee Kimble.

creator of that photo and holding all copyrights to the photographs. Any CERT Member may download these photos and use them as long as they are used to educate and promote CERT activities. The use of any photograph (s) uploaded to this site used by others for means of profit in any way, or to be used in a manner unbecoming to the character or the demeaning of VBCERT and the Virginia Beach Fire Department is strictly prohibited and will trigger the usage of copyright laws designed to protect the art of photography.

## VBCERT – Class 26

I have the privilege of sitting through class with our newest VBCERT members due to my wife, Sheila, joining the class. I not only met some very good people and had the opportunity to listen to new instructors from the time I took VBCERT in 2004 (Class 11) but now I have Sheila who has mentioned more than once the fun she has enjoyed during Class 26. The Practical and Graduation will be held on December 1 with Class 27.

I have taken photos during the class and I will share some these with you now. If you'd like to download any of these photos please feel free to do so keeping in mind that personal and educational use is fine – do not download these photos for the gain of profit which is strictly prohibited.



Class members listen intently to Capt. Mullins. The information provided was excellent.



VB Fire Captain Mike Mullins (above) teaches the use of fire extinguishers to put out small fires.



Lee Kimble prepares to take a team in for their introduction to Light Search and Rescue operations.



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Interaction between teams helps VBCERT Recruits to bond with each other and this bonding as team-mates can be most important in the event of a really large disaster.



Bracing the neck and head to prevent further movement of the head and neck.



VB Fire Captain Rodger Burns and his search dog Chipotle.

Captain Mullins discussed fire safety in the classroom (photo at right) and then demonstrated the use of various fire extinguishers for use to put out small fires. Each team approached the fire, put out the fire, and then left the fire scene keeping a sharp eye on the fire in the event it might flare up (photo below).



Bill Meyer (VBCERT Training) teaches Disaster Preparedness.

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## Participants Needed to Conduct Commodities Distribution Exercise November 9, 2007 – 10 a.m. to Noon

We have all heard “practice makes perfect” and emergency exercises are no different. We know the drill on what to do to prepare for a hurricane, but we really haven’t focused on recovery efforts until now. One piece of the recovery effort is commodities distribution.

Commodities Distribution is the distributing of mass quantities of vital items that would be quickly depleted or needed after an emergency. Items could include, but not limited to water, food, ice, medication, etc.

In order to test the city’s response to distribute commodities to citizens, city agencies will be conducting a Commodities Distribution Exercise on **Friday, November 9 at the Virginia Beach Amphitheater.**

City employees are being asked to participate as “drive-thru” participants from **10 a.m. to noon.** A “drive-thru” course will be set-up for participants to drive to pre-

determined stops to obtain water and medication (water and M&Ms).

This exercise will provide much needed data so that city agencies can determine approximately how many citizens can be processed and served in a two-hour period, and so emergency plans can be adjusted to address any concerns that may arise during the exercise.

In addition, it will provide an opportunity for **ALPHA TWO** employees to observe one of the many tasks they may be asked to perform after a hurricane or other disaster.

We ask the full support of the directors in encouraging staff participation in this exercise.

**We realize your time is valuable and we appreciate your support and in return we will have free small gifts for all that participate in this exercise.**

For more information, please contact Barry Shockley at 385-8558.

## A Special Thanks!

I wish to take this opportunity to thank all the instructors who have made Class 26 come together as a team. They are: Bill Sammler, NOAA / National Weather Service, Wakefield, VA; Captain Mike Mullins, VB Fire Department; Kim Merritt, NASA; Chipotle, VB Fire Department – K9; VB Fire Captain Rodger Burns and handler of Chipotle; Sharon Brown, EMS; Bill Meyer, Training Coordinator for VBCERT and Diane Archer Ivey, Dept. of Emergency Medical Services for the City of Virginia Beach. All of these people have done an outstanding job. Cookie, Lee and I realize how our instructors are turning out good people ready to take care of themselves, their family and their neighbors.

I also wish to thank Sheila for allowing me to tag along with her while she took VBCERT.

Larry J. Livingston





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The following article was taken from the October 18<sup>th</sup> edition of the FINANCE CONNECTION...

**The Finance Connection Staff:**  
**Loretta Brown, Sandy Faucette AND Michelle Hunter**

Did you every wish you were better prepared to deal with emergency situations that arise in every day life?

and **free** to anyone who is at least 18 years old and has a minimum of a high school diploma or GED. The program is administered under the Department of Homeland Security and the Virginia Department of Emergency Management. Training is conducted at the Fire and EMS Training Center on Birdneck Road and is a mix of informative classroom lectures and

their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, basic first aid, team organization and disaster medical operations. Using the training learned in the classroom and during exercises, VBCERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. It



**Pictured, From Left to Right:**  
**Bunk Abey, Bill Champion, and Captain Mike Mullins. This photo was taken at the Fire Training Center during a fire training exercise. (see more photos on page 11)**

Well, now you can be. The City of Virginia Beach Citizen Corps has established a Community Emergency Response Team (VBCERT) program. It is open

hands-on training. The VBCERT program educates citizens about disaster preparedness for hazards that may impact

emphasizes personal preparedness to ensure that you and your family members are able to provide for your basic needs in case of any type of



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emergency, from small, household emergencies to major disasters.

Citizens who participate in VBCERT training have a better understanding of the potential threats to their home, workplace and community and can take the right steps to lessen the effects of these hazards on themselves, their homes or workplace. If a disaster happens that overwhelms local response capability, VBCERT members can apply the training learned in the classroom and during exercises to give critical support to their family, loved ones, neighbors or associates in their immediate area until help arrives. When help does arrive, VBCERT members provide useful information to responders and support their efforts, as directed, at the disaster site.

Participation in CERT will not require you to expose yourself to danger, in fact the program is designed to help you identify and avoid dangerous situations. The skills you learn are designed to keep you and your family safe.

Upon completion of the course, you are provided with a free emergency kit consisting of first aid

supplies, work gloves, safety glasses, flashlights, particle masks, pocket mask for CPR, and other items. The full course consist of eight training sessions, generally held on Tuesday and Thursday evenings and a practical exercise and graduation conducted at the end of the training sessions. Over 400 of your friends and neighbors have already taken advantage of this program.

For more information contact the Virginia Beach CERT Program Coordinator at 385-2974 or by email at [vbcert@vbgov.com](mailto:vbcert@vbgov.com)



VBCERT Training  
Left to Right: Bunk Abey and Gary Olsen (Bunk learns how to dress a head wound)



VBCERT Training  
Left to Right: Bunk Abey and Gary Olsen



Have a safe Halloween!

